

## Section 1 What is grief and loss?

Though people commonly believe that grief relates only to the death of a loved one, grief can be experienced in response to all types of losses. Losses can also relate to living people, objects, animals, places, or experiences (like job loss or a loss of faith).

To quote grief theorist and researcher Kenneth Doka:

*“I think it’s probably important to acknowledge and recognize that grief is a reaction to loss. We often confuse it as a reaction to death. It’s really just a very natural reaction to loss and so we can experience grief obviously when someone we’re attached to dies, but we can also experience it when we lose any significant form of attachment.”*

There are lots of places to read about grief and loss. One comprehensive website is called What’s Your Grief (<https://whatsyourgrief.com/>). This site has information on lots of different topics and sections especially for children and teens. Resource ideas from 10 top things to say to a person grieving to parenting while grieving to support for widows/widowers to talking to children about tragic events--Kate’s Club toolkit! ([Resources – Kate’s Club](#))

- What’s Your Grief ([What's Your Grief: Home](#)) has a special edition now:WYG Special Edition: Grief and Loss in the Time of COVID 19 (topics include: (1) **8 Reasons Your Grief Feels Worse Right Now** (2) **In a World Filled With Loss, Who Gets to Grieve?** (3) **10 Ideas for Funerals and Memorials When You Can’t Be Together** (4) **When You Can’t Be With A Dying Family Member**

## Section 2: Resources for adults talking to kids

- Helping a Child Deal with Death- [Grief and Loss - Useful Handouts when working with Children and Teens](#)
- [How To Talk to Kids About Death & Grief: 10 Comprehensive Tips](#)
- How To Support [A Grieving Child Or A Grieving Teen](#)
- [Helping Families Cope with COVID 19](#) (Available in SPANISH and CHINESE)
- [National Association of School Psychologists](#): This resource provides suggestions for supporting children and teens, as well as age-appropriate explanations. Grieving children can have more anxiety about health and safety than their peers.
- [Helping School Age Children- Traumatic Grief Tips for Caregivers](#)
- [Book List](#)

## Section 3: Resources for elementary aged students

Thinking about creative projects like art: When children draw or color, words are not needed. There’s a connection between the head, the heart, and the hand which helps them express many feelings that had previously been trapped inside. Creativity helps children put those emotions outside, so they can see their experience from a different perspective, making things clearer and giving them distance. Creativity gives children a sense of control and allows them to tell their story over and over again so they can let go and make sense of it. It is an important coping skill that can serve them for the rest of their lives. (from Kate’s Club website)

- <https://www.sesamestreet.org/toolkits/grief/>: Grief is complex and encompasses many emotions that can come and go in waves. Use these tips, videos, children’s stories, and guide to help families communicate with one another, express emotions, and begin the process of moving forward. You are not alone. And with time, you and your family will experience new happy moments together.
- <http://www.scholastic.com/snp/childrenandgrief-9.htm>: This is a classroom activity that is designed to help educators support grieving students and help them find the vocabulary to communicate their feelings associated with grief.

- <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/03/school-closings-cancelled-plans>: This article, “How to Help Kids Deal With School Closings and Cancelled Plans,” gives parents and educators tips on navigating our “new normal.”
- <https://www.pbs.org/parents/thrive/how-to-help-kids-cope-with-disappointment>: This article offers tips on helping children deal with disappointment and to help build resilience and coping skills.
- <https://blog.chocchildrens.org/how-to-talk-to-kids-about-disappointment-during-covid-19/>: Although this pandemic is not the situation that we would have chosen for our kids to face, experiencing adverse events, with their parent’s support, will help kids build resiliency. This article offers advice on ways to feel connected and creative ways for children to entertain themselves at home.
- [Activities that may help](#): This resource includes tips on helping children express their feelings through writing and drawing.
- [Kate’s Club](#) This article provides resources on self-care, as well as creative activities (like finish the sentence, drawing, and more) to help children work through disappointment and loss.
- [Book List](#)

#### Section 4: Resources for middle school students

There are lots of places to read about grief and loss. One comprehensive website is called What’s Your Grief (<https://whatsyourgrief.com/>). This site has information on lots of different topics and sections especially for children and teens. Resource ideas from 10 top things to say to a person grieving to parenting while grieving to support for widows/widowers to talking to children about tragic events--Kate’s Club toolkit! (<https://katesclub.org/resources/>)

- [Grief Art Activities](#)
- [12 Things The Harry Potter Series Taught About Grief](#)
- [The Grieving Process: Coping With Death \(A YouTube Video\)](#)
- [Book List](#)

#### Section 5: Resources for high school aged students

With the disruptions in daily life, many students are grieving the loss of experiences: graduation, attending prom, their spring musical, or final baseball game. They may struggle with feelings of helplessness or loss of control, sadness, anger, or confusion. Check in with your kids and validate their thoughts and feelings. (from [Resources – Kate’s Club](#))

- [Teen Grief Journal Idea](#)
- [Grief & Regrief](#)
- [How Should I Grieve?](#)
- [Grief Outloud: A Podcast](#)
- [Book List](#)

#### Section 6: Resources for Self Care

- [What’s Your Grief website](#)
  - [coronavirus has changed our world; It’s okay to grieve](#)
  - [That Discomfort You’re Feeling is Grief](#): article from The Harvard Business Review
- Athens Community Resources
- Loran Smith Cancer Center Resources/Groups- <https://www.piedmont.org/locations/piedmont-athens/loran-smith-cancer-center>
  - Athens Area Grief Coalition- Resource List- <https://aagriefcoalition.wordpress.com/resources/>
  - Camp Magik (Grief Camp) [www.campmagik.org](http://www.campmagik.org)

- Kate's Club (Atlanta) <https://katesclub.org/>
- Camp SOS <https://www.campsos.com/> A family camp for families who have lost a loved one to suicide.

#### **Section 7: Resources for Educators**

- [That Discomfort You're Feeling is Grief](#): article from The Harvard Business Review
- [A School & Community Toolkit to Help In The Classroom](#)